

ICE SKATING SYLLABUS

Instructors	Division Office	Phone	e-mail	Office Hours
Course Director: Dr. Tendy	5421	3075	ps9741	By Appt
Ms. Cokeley	DPE Training Room	2352	pk8383	By Appt
Mr. Crossley	5423	4653	pe4387	By Appt
CPT Evans	5442	2340	Pi9610	By Appt
Mr. Gannon	5423	7614	pp6157	By Appt
MAJ Sheridan	5333	2135	pr6553	By Appt

Course Description And Concept Of Training

This course consists of 18 lessons, and will be conducted over a half semester period, 45 minutes per day. The course is geared to create an interest and appreciation for figure skating as a carryover recreational sport.

Class Location:

Place of instruction is the Holleder Center Skating Rink. Cadets will meet the bus behind the Superintendent's Reviewing Stand, **to depart at the following times:**

D and J Hour:

- Departure of Bus from Superintendent's Reviewing Stand: **1050 Sharp**
- **Approximate arrival on ice: 1105**
- **Departure from ice: 1135**
- Approximate departure from Holleder Center: 1140
- Return to Superintendents Reviewing Stand: 1150

E Hour (Cadets cannot have an F hour Academic Class):

- Departure of Bus from Superintendent's Reviewing Stand: **1350 Sharp**
- **Approximate arrival on ice: 1405**
- **Approximate departure from ice: 1435**
- Approximate departure from Holleder Center: 1440
- Return to Superintendents Reviewing Stand: 1450

Note: Cadets scheduled for E Hour skate class will NOT return in time for the start of F hour class, and thus cannot be scheduled for an academic class during F hour.

COURSE OBJECTIVES

THE CLASS WILL BE GUIDED TOWARD THE FOLLOWING OBJECTIVES:

1. To develop the basic skills of figure-skating: balance, sculling, forward stroke, backward stroke, crossovers, turns, jumps, starts and stops.
2. To develop an understanding for the need for leg strength and total body endurance for ice-skating.
3. To experience the relationship of neuromuscular control and kinesthetic awareness of moving on an ice surface.
4. To develop knowledge in the care and maintenance of a variety of ice skating equipment.
5. To develop increased understanding in the variety of ice skating specialties: figure, hockey, and speed.

The uniform is as follows:

As for Class carrying Cadet Sweat Shirt, scull cap and gloves.

Equipment Issue:

Cadets will report to the Arvin Annex (Old Child Development Center) 2nd floor, to sign out skates BEFORE THE START OF THE COURSE.